CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 2: I AM WHAT I DRINK

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

EXERCISE OF THE WEEK:
LOCOMOTION: 2 TYPES

Agility exercises:

- heels & toes walk
- high knee march
- skipping
- side shuffle
- back pedal
- grapevine
- running



Animal moves:

- inch worm
- walking stick
- frogger
- monkey
- Bear crawl
- crab walk
- and other Noah's Ark Workout moves





At home, if you have less space, practice high knee marching in place. Then try to hold one knee up, so that your knee is higher than your hips, for 10 seconds each side. Practice 2-5 holds per leg.

For more instruction, demonstration, and advanced versions of these moves, download the CatholicFIT App on your mobile device.

REFLECTION QUESTIONS & GOALS

EACH DAY, DRINK AT LEAST 6 CUPS OF WATER.

Date: __/__/__ Goal: ___cups

☑ Check each circle for each cup of water your drink.

1. ○ 2. ○ 3. ○ 4. ○ 5. ○ 6. ○



FIRST PRINCIPLE
WATER

At baptism, people begin their lives as Christians when they are blessed with holy water. This makes water the perfect principle to start the CatholicFIT program.

Water is crazy important!

Dehydrated means your body does not have enough water to work correctly. Even though you cannot see it, muscles are mostly water. If you are dehydrated, these things might happen:

muscle injuries, headaches, poor mental focus, sinus problems, cramps, and dry skin. These things are bad, but water is awesome!

In the Catechism we read: "Since the beginning of the world, water has been the source of life and fruitfulness."
- CCC#1218

Catholics try to live a fruitful, healthy life. Sometimes, this can be tough to do. When you are dehydrated, it is even tougher. Think about this the next time you drink water or bless yourself with holy water.

Available on the App Store

/catholicfit

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Learn more at CatholicFIT.com

CATHOLIC FIT™

6th Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 2: I AM WHAT I DRINK

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

EXERCISE OF THE WEEK:
LOCOMOTION: 2 TYPES

Agility exercises:

- heels & toes walk
- high knee march
- 1 & 2 leg hopping
- skipping
- side shuffle
- back pedal
- grapevine
- running

Animal moves:

- inch worm
- walking stick
- frogger
- monkey
- Bear crawl
- crab walk
- and other Noah's Ark Workout moves

High knee & knee hug crawl



Bear crawl



For more instruction, demonstration, and advanced versions of these moves, download the CatholicFIT App on your mobile device.

REFLECTION QUESTIONS & GOALS
EACH DAY, DRINK AT LEAST 8 CUPS OF WATER.

Read & circle each good thing that happens when you drink enough water:

Less migraines

Better digestion of food

Better athletic performance

Fewer muscle injuries

Clearer skin

Healthier muscles

Stronger immune system

Better mental focus



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